

Community Health Needs Assessment Implementation Plan 2017-2019

Advocate Christ Medical Center

Date Created: May 2017

Date Reviewed/Updated:

PRIORITY AREA: Diabetes

GOAL: Reduce the incidence of diabetes in the Auburn Gresham (60620) and Englewood (60636) communities in the medical center service area.

LONG TERM INDICATORS OF IMPACT

	Baseline Value, Date and Source	Frequency
1. Reduce hospitalization rates due to diabetes in Auburn Gresham (60620) and Englewood (60636)	60620: 48.4 hospitalizations/10,000 population 18+ years 60636: 63.0 hospitalizations/10,000 population 18+ years; Healthy Communities Institute (HCI), Illinois Hospital Association (IHA), COMPdata, 2013-2015	Annually
2. Decrease age-adjusted Emergency Room (ER) rates due to diabetes in Auburn Gresham (60620) and Englewood (60636)	60620: 60.5 ER visits/10,000 population 18+ years 60636: 68.2 hospitalizations/10,000 population 18+ years; HCI, IHA, COMPdata, 2013-2015	Annually
3. Decrease age-adjusted hospitalization rate due to long-term complications of diabetes in Auburn Gresham (60620) and Englewood (60636)	60620: 26.5 hospitalizations/10,000 population 18+ years 60636: 29.3 hospitalizations/10,000 population 18+ years; HCI, IHA, COMPdata, 2013-2015	Annually

STRATEGY #1: Christ Medical Center will partner with a lifestyle coach to implement the Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program (DPP), in collaboration with community organizations including faith communities.

TYPE: Long-lasting Protective Intervention

PARTNERS: Community-based organizations, faith communities, CDC

BACKGROUND ON STRATEGY

Evidence of effectiveness: Diabetes is a chronic, life-altering disease with complications that can drastically impact both quality of life and life expectancy. In 2002, the Diabetes Prevention Program Research Group completed the Diabetes Prevention Program study, a large, randomized clinical research study www.nejm.org/doi/full/10.1056/NEJMoa012512 (click here). Results of the study showed that at-risk individuals who lost a modest amount of weight and participated in least 30 minutes of moderate physical activity a day (such as brisk walking), five days a week, cut their chance of developing Type 2 Diabetes by as much as 58 percent. At-risk individuals who were over the age of 60 and did so reduced their risk even more—by as much as 71 percent. The National DPP www.cdc.gov/diabetes/prevention/ (click here) was developed based upon the findings of the Diabetes Prevention Program study.

SHORT TERM INDICATORS			
Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of full sessions of 22 classes over the course of one year of DPP programs offered	1 session	2 sessions	3 sessions
2. Number of participants enrolled in DPP program per session	10-20 participants	10–20 participants	10–20 participants
3. Number of faith/community partners that host the program	1 partner	2 partners	2 partners
4. Percentage of participants with A1C within the CDC standard (CDC standard 50% of participants A1C must be between 5.7 to 6.4)	50% of participants	50% of participants	50% of participants
5. Percentage of participants who complete 9 of 16 sessions within first six months	60% of participants	70% of participants	80% of participants
Impact Indicators	2017	2018	2019
1. Percentage of program participants whose body weight is reduced by 5% within 12 months of program (CDC comparison 58%)	July–Dec 60% of participants	60% of participants	60% of participants
2. Percentage of participants who self-report at least 150 minutes weekly of moderate physical activity (CDC comparison 58%)	July–Dec 60% of participants	60% of participants	60% of participants
3. Percentage of participants with decreased A1C levels post program (CDC comparison 60%)	July–Dec 50% of participants	50% of participants	50% of participants

STRATEGY #2: Establish Christ Medical Center as a CDC designated diabetes prevention program approved site.

TYPE: Long-lasting Protective Intervention

PARTNERS: Clinical diabetes education team, CDC

BACKGROUND ON STRATEGY

Evidence of effectiveness: According to the CDC, approximately 86 million Americans age 20 and older (37%) have prediabetes. The CDC’s Diabetes Prevention (DPP) Recognition Program is designed to recognize organizations that have demonstrated their ability to effectively deliver a proven Type 2 Diabetes prevention lifestyle intervention. Lifestyle change programs offered through the DPP program can reduce the risk of developing Type 2 Diabetes by as much as 58%.

SHORT TERM INDICATORS			
Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Submit CDC application	Summer 2017	Submitted 2017	Submitted 2017
2. Develop timeline for program implementation process	Fall 2017	Developed 2017	Developed 2017
3. Begin DPP program implementation	Summer 2017	2017	2017
4. Receive pending approval status from CDC	June 2017	2017	2017

Impact Indicators	2017	2018	2019
1. Achieve full recognition as CDC DPP approved site	Target Summer 2018	Summer 2018	Summer 2018
2. Percentage of program participants whose bodyweight is reduced by 5% within 12 months of program session (CDC comparison 58%)	July–Dec 60% of participants	60% of participants	60% of participants
3. Percentage of participants who self-report at least 150 minutes weekly of moderate physical activity (CDC comparison 58%)	July–Dec 60% of participants	60% of participants	60% of participants
4. Percentage of participants with decreased A1C levels post program (CDC comparison 60%)	July–Dec 60% of participants	60% of participants	60% of participants

STRATEGY #3: Increase awareness of pre-diabetes in faith communities and community-based organizations within Auburn Gresham (60620) and Englewood (60636) through on-site education presentations using the CDC Prediabetes Screening Test.

TYPE: Counseling and Education, Clinical Intervention

PARTNERS: Faith communities, community-based organizations

BACKGROUND ON STRATEGY

Evidence of effectiveness: Boltri JM¹, Davis-Smith M, Okosun IS, Seale JP, Foster B conducted a Translation of the National Institutes of Health Diabetes Prevention Program in African American churches study. The objective of the study was to translate the Diabetes Prevention Program (DPP) for delivery in African American churches. Two churches participated in a 6-week church-based DPP and 3 churches participated in a 16-week church-based DPP, with follow-up at 6 and 12 months. The primary outcomes were changes in fasting glucose and weight. Translation of DPP can be achieved in at-risk African Americans if research teams build successful community-based relationships with members of African American churches. The 6-session modified DPP was associated with decreased fasting glucose and weight similar to the 16-session program, with lowered material costs for implementation.

<https://www.ncbi.nlm.nih.gov/pubmed/21671523> (click here)

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of faith and community partners engaged in pre-diabetes awareness sessions	5 partners	10 partners	15 partners
2. Number of participants who attended pre-diabetes awareness sessions	50 participants	70 participants	100 participants
3. Number of educational series conducted	5 series	10 series	15 series
Impact Indicators	2017	2018	2019
1. Number of individuals referred to the CDC DPP from teacher of the self-management classes	10 individuals	15 individuals	30 individuals
2. Percentage of participants that will know two ways to prevent diabetes from pre- and post-test	70% of participants	80% of participants	80% of participants
3. Percentage of participants who will know how food impacts diabetes as measured by post-test	70% of participants	80% of participants	80% of participants

ALIGNMENT WITH COUNTY/STATE/NATIONAL PRIORITIES			
Strategy	County IPLAN	SHIP (State Health Improvement Plan)	Healthy People 2020
1, 2 & 3	The County's WePlan 2020 has identified chronic disease as a priority.	SHIP 2021 is working to address chronic diseases including diabetes—Discusses the Complete Streets recommendation that encourages walking as a measure to reduce risk of diabetes.	Healthy People 2020 includes a Diabetes section with multiple objectives to prevent diabetes and improve management of the disease. For example: D-16 Increase prevention behaviors in persons at high risk for diabetes with prediabetes.

Advocate Christ Medical Center has developed this implementation plan to meet a prioritized need identified through a community health needs assessment process. The medical center may refocus resources if necessary to best address the needs of its community.